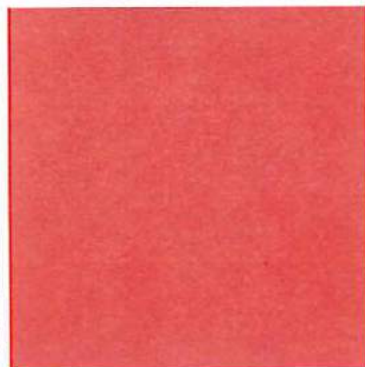
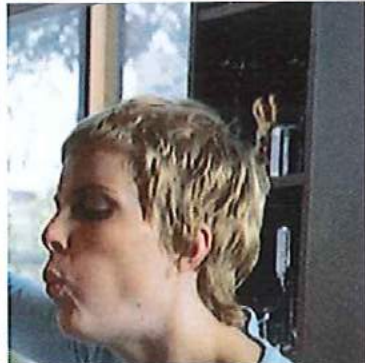


Fire Safety For Your Home



Fire Escape Plan



Feidhmeannacht na Seirbhíse Sláinte
 Health Service Executive

In Emergency Dial **999** or **112**

Don't Delay, Put into Action Today!

The 4 Golden Rules of Fire Safety in the Home:

1

**Install working smoke alarms
and test them regularly**

2

**Make a fire escape plan
and practise it often**

3

**Check for fire dangers in
your home and correct them**

4

**Carry out a
'Last thing at night routine'**

1

Install working smoke alarms and test them regularly

- **Install smoke alarms today** and ensure they are in good working order.
Note: Your sense of smell does not work when you are asleep.
- **Check the smoke alarm** once every week, by pressing the test button.
- **Replace the batteries** when they are not working and every year for the standard 1 year smoke alarm.
- If you have the 10 year smoke alarm, you need to **replace the complete unit after 10 years.**
- **A minimum of 2 smoke alarms**, properly located (one on each floor) should suit most homes. For maximum protection, a smoke alarm should be fitted in every room, except the bathroom, kitchen and garage.
- Smoke alarms should be fitted at the **highest point and close to the centre of the ceiling** as possible.
- **Vacuum the smoke alarms regularly** and wipe the casing and slots as they can get clogged with dust which may prevent them from working properly. If you have a mains operated smoke alarm, ensure you switch off the smoke alarm at the mains before cleaning and remember to switch it on again.



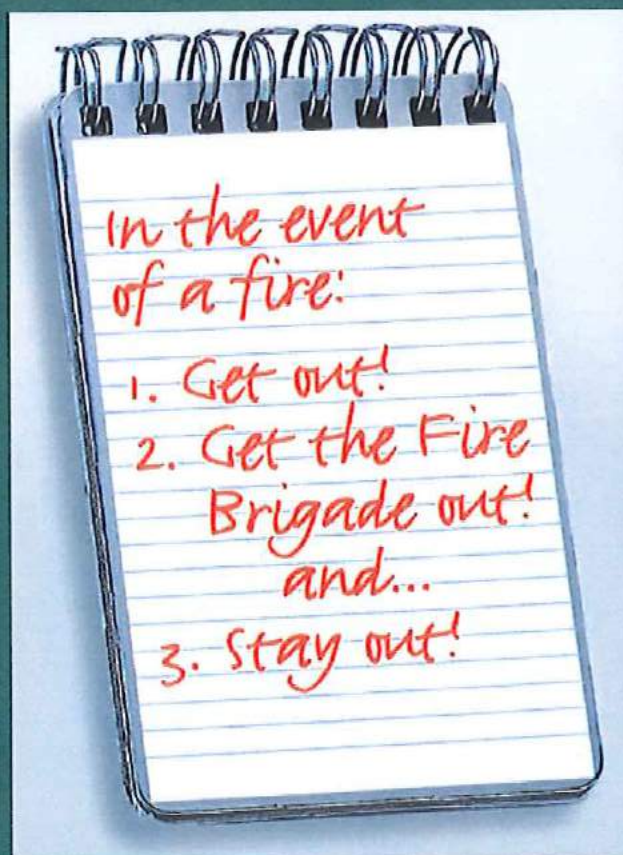
2

Make a fire escape plan and practise it often

Fire Escape Plan:

What to do in the event of a fire

- **Keep escape routes clear at all times.**
- Whether the fire has been discovered by you or your smoke alarm, **stay calm and put your fire escape plan into action.**
- **Check doors** with the back of your hand; if they are warm it means the fire is on the other side, so do not open them. Only open doors you need to escape through.
- If there is smoke, **crawl along near to the floor** where the air will be cleaner.
- **Raise the alarm.** Shout to wake everyone up, and make your way out by the quickest route.
- **Do not investigate the fire.**
- Go to an assembly point outside the home, where all occupants should meet.
- Once everyone is out of the house **call the Fire Service at 999 or 112** from a call box, mobile phone or neighbour's house.
- **Do not go back in** until the Fire Service tells you it is safe.



3

Check for fire dangers in your home and correct them

Prevention is the Best Firefighter

Check your home room by room for fire dangers and correct them. Remember: most domestic fires start in the living room, bedroom and kitchen at night while we are sleeping.

Kitchen

Put a fire blanket and working fire extinguisher within easy reach in the kitchen and learn how to use them.

When cooking, always use back rings first and turn in utensil handles, ensuring the handles are not over other rings.

- Keep cookers clean - grease is a fire risk.
- Turn off cooker when not in use.
- Never use a cooker for drying clothes.
- Check cooker is switched off properly before going to bed.
- Clean or replace filters in extractor fans on a regular basis.
- Avoid using chip pans as they are a major fire risk.



In Emergency Dial 999 or 112

Chip pans are a major fire risk so avoid using them or use them with extreme care.

- Never fill the chip pan more than one third full of oil or fat.
- Test the oil or fat temperature by placing a small piece of bread in the pan. If it crisps quickly, the oil or fat is ready.
- If the oil or fat is smoking then it is too hot. Turn the heat off and let the oil or fat cool down before starting again.
- Never leave a chip pan unattended.
- Never move a hot chip pan.

Electrical items should be used carefully and stored properly when not in use.

- Never overload sockets as it is a major fire risk.
- Never run electric cables across cookers.
- Switch off and plug out electrical appliances when not in use.
- If electrical cables or plugs are damaged, worn or frayed, contact a qualified electrician.

Living Area

Open Fires

- Always place a proper fitting spark guard and fire guard in front of an open fire.
- Never place anything on the fire guard.
- Don't store items like papers, magazines, clothing or combustible items near a fire.
- Never use an open fire to air clothes as this is a major fire risk.



Fire Safety For Your Home

Chimney Cleaning

Get your chimney cleaned regularly - follow this recommended cleaning guide:

- Wood burning fires: 4 times a year when in use
- Solid fuel fires: Once a year if using smokeless fuel
- Solid fuel fires: Twice a year if using coal
- Oil Fires: Once a year
- Gas Fires: Once a year if designed for sweeping

Portable Heaters

- Use portable heaters with extreme care.
- Position portable heaters away from furniture, curtains and flammable items.
- Never move heaters when in use.
- Ensure portable heaters are switched off and/or plugged out before you leave the house or before going to bed.

Candles

- Never leave lit candles unattended and ensure candles are in their proper holders.
- Position candles away from draughts.
- Ensure candles are **NOT** near items that may catch fire such as curtains, clothing or bedding etc.
- Avoid moving a lit candle.
- Ensure all candles are **properly extinguished** before you leave the house or going to bed.

Smoking

- Never ever smoke when you are feeling tired, especially when you are in bed or relaxing in a chair.



In Emergency Dial 999 or 112

- Remember: medication and alcohol can make you drowsy and smoking is a real fire risk when you are tired and drowsy.
- Always use an ashtray when smoking.
- Empty all ashtrays before going to bed. Ensure the ashtray contents are fully extinguished by running them under a tap before emptying.

Bedroom

- Never ever smoke in the bedroom.
- Have a torch or flash lamp near your bed for emergency lighting.
- Bring your portable or mobile phone to your bedroom for emergency use.
- Take extreme care when using electrical items, such as mobile phone chargers and hair straighteners. Unplug and allow them to cool down completely before storage.

Electric Blanket

- Use electric blankets properly and follow the manufacturer's instructions.
- Check your electric blanket regularly for wear and damage.
- When storing electric blankets, roll them instead of folding them.
- Get your electric blanket checked regularly.

How to recognise a dangerous electric blanket?

Have your blanket checked or replaced if:

- the fabric or flex is worn or frayed;
- there are scorch marks anywhere;
- the tie-tapes (where originally fitted) are damaged or missing;
- any connections are loose;
- the plug or mains lead is damaged, make sure this is repaired before you use it. Remember, older blankets are much more likely to have one or more of these faults.
- you are in any doubt!

Always turn off and unplug your electric blanket before going to sleep.

4

Carry out a 'Last thing at night routine'

- Ensure fires are well down and spark guards are in place in front of open fires.
- Do not leave your television, radio or music system on standby. Only appliances designed for 24 hour use should be left plugged in at night-time e.g. fridges, freezers etc.
- Plug out the mobile phone charger when your mobile phone is charged and when you are going out or going to bed.
- Check every room and close all doors when going to bed.
- Switch off and plug out your electric blanket before going to sleep.
- Empty ashtrays properly and extinguish candles, before going to bed.
- If your exits require keys for opening, ensure the keys are in the locks before going to bed.
- Ensure all escape routes are clear before going to bed.



We are delighted that you have taken the time to read this booklet on fire safety for your home and hope it has raised your awareness on fire safety.

Don't Delay - Act Today!

It is important that you use this information **now** to promote fire safety in your home for you and your family.

Fire Safety Checklist

You should be able to respond **YES** to each of the following safety statements. If not, take the appropriate action and tick the relevant box when rectified. If you are unsure what is the correct action to take, refer back to the booklet.

Smoke Alarms/Detectors	Yes	No	Rectified
1 At least one smoke alarm/detector is located on every floor of my home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I test smoke alarms/detectors (according to manufacturer's instructions) on a regular basis (once a week) to ensure they are kept in working condition at all times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I replace the batteries (according to manufacturer's instructions), at least once a year.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I ensure the batteries are never disconnected.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 All family members know the sound of the smoke alarms/detectors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fire Escape Plan	Yes	No	Rectified
1 Our family has an escape plan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Escape routes and plans are rehearsed periodically.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 The escape plan includes choosing a place safely outside the house where the family can meet to be sure everyone got out safely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 At least two exits from each part of the home are established.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Yes	No	Rectified
5 All our family members know the EMERGENCY numbers 999 and 112.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fire Dangers	Yes	No	Rectified
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1 Our cooker and extractor fan are clean and free of grease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Cookers are turned off when not in use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 We do not use our cooker to dry clothes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 We do not leave our chip pan unattended.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Electrical appliances are switched off and unplugged when not in use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Our electrical sockets are never overloaded.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 All open fires are fitted with both a spark and fire guard.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 We never use an open fire to dry clothes in our home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 We clean all our chimneys on a regular basis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 We keep portable heaters away from all flammable materials including furniture, curtains etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 Candles are never left unattended in our home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 No one in our home smokes in bed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 All electric blankets in our home are checked regularly for fraying, connections and damage.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Night Routine	Yes	No	Rectified
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1 We ensure spark guards are in place on all open fires in our home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 All unnecessary electrical appliances are switched off and unplugged before we go to bed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 All doors are closed at night when going to bed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 All exits are checked and kept clear of obstacles before going to bed at night.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 If your exits require keys for opening, ensure the keys are in the locks before going to bed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(This will ensure a smooth and easy exit and prevent the panic of searching for keys in an emergency).